

ALARACT 091/2010

DTG: P 262242Z MAR 10

THIS MESSAGE HAS BEEN SENT BY THE PENTAGON TELECOMMUNICATIONS CENTER
ON BEHALF OF DA WASHINGTON DC//DAMO-ODO//

THIS ALARCT MESSAGE IS RELEASED ON BEHALF OF THE ARMY DCS G-3/5/7//

SUBJECT: HQDA EXORD 154-10 COMPREHENSIVE SOLDIER FITNESS MASTER
RESILIENCE TRAINER COURSE - 6-16 April 2010 (FY10)

NARR/(U). THIS IS A HQDA EXORD FOR THE COMPREHENSIVE SOLDIER FITNESS
MASTER RESILIENCE TRAINER PROGRAM (FY10).//

REFERENCES:

ANNEX V (COMPREHENSIVE SOLDIER FITNESS) TO FRAGO 1 TO THE ARMY
CAMPAIGN PLAN (DRAFT)

HQDA EXORD 010-10 COMPREHENSIVE SOLDIER FITNESS MASTER RESILIENCE
TRAINER PROGRAM (FY10), 090916Z Nov 09

1. (U) SITUATION.

1.A. THIS IS AN EXECUTE ORDER.

1.B. THE COMPREHENSIVE SOLDIER FITNESS DIRECTORATE (DAMO-CSF) WILL
CONDUCT A MASTER RESILIENCE TRAINER (MRT) TRAINING COURSE FROM 6-16
APRIL 2010. THIS EXORD DIRECTS THE ATTENDANCE FOR THE APRIL 2010 MRT
TRAINING COURSE IN ORDER TO CONTINUE TO MEET THE CSA'S INTENT TO FIELD
THE ARMY WITH SPECIALLY SKILLED AND QUALIFIED TRAINERS TO TEACH,
COACH, AND MENTOR RESILIENCE.

2. (U) MISSION. HEADQUARTERS, DEPARTMENT OF THE ARMY (HQDA), DCS G-
3/5/7, COMPREHENSIVE SOLDIER FITNESS DIRECTORATE CONDUCTS THE MRT
COURSE FROM 6-16 APRIL 2010, AT THE UNIVERSITY OF PENNSYLVANIA
(UPENN), IN ORDER TO PREPARE ARMY LEADERS TO IMPLEMENT AND SUPPORT THE
COMPREHENSIVE SOLDIER FITNESS PROGRAM.

3. (U) EXECUTION.

3.A. INTENT.

3.A.1. ENDSTATE. THIS EXORD SUPPORTS THE CSF INITIATIVE TO ACCOMPLISH
ITS PHASE 2 (EXECUTE THE CSF ACTION PLANS (SOLDIER, FAMILY, AND ARMY
CIVILIAN)) OBJECTIVES.

3.A.2. KEY TASK. PROVIDE THE ARMY WITH 150 MRT QUALIFIED LEADERS.

3.B. CONCEPT OF THE OPERATION. THIS EXECUTION ORDER DIRECTS COMMANDS
TO SUPPORT THE DEVELOPMENT AND EMPLOYMENT OF MRTS. THE FOCUS OF THE
MARCH COURSE IS ON BUILDING THE GENERATING FORCE'S CAPACITY TO
IMPLEMENT THE PROGRAM. COMPLETION OF THESE TASKS SUPPORTS THE CSF
INITIATIVE IN ACCOMPLISHING ITS PHASE 2 (EXECUTE THE CSF ACTION PLANS
(SOLDIER, FAMILY, AND DA CIVILIAN)) OBJECTIVES.

3.C. TASKS TO HEADQAUARTERS, DEPARTMENT OF THE ARMY (HQDA) G-3/5/7

(DAMO-CSF), ARMY COMMANDS (ACOMS), ARMY SERVICE COMPONENT COMMAND (ASCC), DIRECT REPORTING UNITS (DRUS), AND DIRECTOR, ARMY NATIONAL GUARD (DARNG).

3.C.1. HEADQUARTERS, DEPARTMENT OF THE ARMY (HQDA) G-3/5/7 (DAMO-CSF). PROVIDE 10 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.C.2. ARMY COMMANDS (ACOMS).

3.C.2.A. U.S. ARMY TRAINING AND DOCTRINE COMMAND (TRADOC).

3.C.2.A.1. PROVIDE 38 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.C.2.A.2. PROVIDE 8 SOLDIERS TO SERVE AS FACILITATORS IN SUPPORT OF THE MRT COURSE.

3.C.2.A.2.A. ALLEN, KEITH, SSG, LAST FOUR: 0658, VICTORY UNIVERSITY, FT JACKSON (FOR UTILIZATION AT VICTORY UNIVERSITY MRT COURSE PILOT)

3.C.2.A.2.B. BALLARD, MICHAEL, SFC, LAST FOUR: 7687, AIT PSG, FT SILL, OK

3.C.2.A.2.C. JOHNSON, NICHELE, CSM, LAST FOUR: 9314, VICTORY UNIVERSITY, FT JACKSON, SC

3.C.2.A.2.D. JOHNSON, STANLEY, SGM, LAST FOUR: 1761, VICTORY UNIVERSITY, FT JACKSON, SC (FOR UTILIZATION AT VICTORY UNIVERSITY MRT COURSE PILOT)

3.C.2.A.2.E. SANDERS, DARLENE, SFC, LAST FOUR: 4826, US ARMY DRILL SERGEANT SCHOOL, FT JACKSON, SC

3.C.2.A.2.F. SIXTOS, JOSE, SFC, LAST FOUR: 2518, VICTORY UNIVERSITY, FT JACKSON, SC (FOR UTILIZATION AT VICTORY UNIVERSITY MRT COURSE PILOT)

3.C.2.A.2.G. SNYDER, TOMMY, SSG, LAST FOUR: 9790, HTRP, 5-15 CAV, FT KNOX, KY

3.C.2.A.2.H. TOBIN, ERIC, SFC, LAST FOUR: 0681, US ARMY DRILL SERGEANT SCHOOL, FT JACKSON, SC

3.C.2.B. U.S. ARMY FORCES COMMAND (FORSCOM).

3.C.2.B.1. PROVIDE 40 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.C.2.B.2. PROVIDE 3 SOLDIERS TO SERVE AS FACILITATORS IN SUPPORT OF THE MRT COURSE.

3.C.2.B.2.A. BOYLE, DAVID, SSG, LAST FOUR: 1080, HHC 10TH CAB, 10TH MTN DIV (LI), FT DRUM, NY

3.C.2.B.2.B. HORIEL, SHERRI, MSG, LAST FOUR: 6159, HHC, 14TH ENG BN, FT LEWIS. WA

3.C.2.B.2.C. MOFFETT, JODY, SSG, LAST FOUR: 9576, HHB, 1-21 FA BN, FT HOOD, TX

3.C.2.C. ARMY MATERIAL COMMAND (AMC). PROVIDE 5 PERSONNEL TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.C.3. ARMY SERVICE COMPONENT COMMAND (ASCC).

3.C.3.A. UNITED STATES ARMY PACIFIC COMMAND (USARPAC).

3.C.3.A.1. PROVIDE 5 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.C.3.A.2. PROVIDE 1 SOLDIER TO SERVE AS A FACILITATOR IN SUPPORT OF THE MRT COURSE.

3.C.3.A.2.A. GANTT, ANTHONY, SFC, LAST FOUR: 3425, 45TH STB, SCHOFIELD BARRACKS, HI

3.C.3.B. EIGHTH U.S. ARMY (EUSA). PROVIDE 5 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.C.3.C. U.S. ARMY EUROPE (USAREUR). PROVIDE 5 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.C.3.D. UNITED STATES ARMY NORTH (USARNORTH). PROVIDE 3 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A). NOTE: USARNORTH QUOTA WILL BE FILLED UNDER THE HQDA ATRRS QUOTA SOURCE CODE.

3.C.3.E. UNITED STATES ARMY SPECIAL OPERATIONS COMMAND (USASOC). PROVIDE 5 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.C.3.F. U.S. ARMY SPACE AND MISSILE DEFENSE COMMAND/ARMY FORCES STRATEGIC COMMAND (USASMD/ARSTRAT). PROVIDE 2 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.C.4. DIRECT REPORTING COMMANDS (DRUS).

3.C.4.A. U.S. ARMY INTSALLATION MANAGEMENT COMMAND (IMCOM). PROVIDE 5 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A)

3.C.4.B. U.S. ARMY MEDICAL COMAND (MEDCOM). PROVIDE 2 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.C.4.C. U.S. ARMY NETWORK ENTERPRIZE TECHNOLOGY COMMAND/9TH SIGNAL COMMAND (NETCOM). PROVIDE 5 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.C.5. U.S. ARMY RESERVE COMMAND (USARC). PROVIDE 10 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.C.6. DIRECTOR, ARMY NATIONAL GUARD (DARNG). PROVIDE 10 SOLDIERS TO ATTEND THE MRT COURSE AT UPENN, 6-16 APRIL 2010 (SEE ANNEX A).

3.D. COORDINATING INSTRUCTIONS.

3.D.1. COMMANDERS ARE ENCOURAGED TO SELECT MATURE, RESPONSIBLE NCOS (E6 OR ABOVE), WITH COMBAT EXPERIENCE (PREFERABLY DECORATED) IN THE SAME MANNER THEY WOULD SELECT A UNIT "MASTER GUNNER" TO SERVE AS THEIR BRIGADE LEVEL MRT, AS WELL AS THE SAME TYPE OF NCOS TO SERVE AS MRTS AS AN ADDITIONAL-DUTY AT THE BATTALION LEVEL. OFFICERS (O3-O4) ARE INVITED TO ATTEND, WITH AN EMPHASIS ON DEVELOPING OVERSIGHT AND GOVERNANCE OF A COMMAND'S MRT AND RESILIENCE PROGRAM. PARTICIPANTS REQUIRING INVITATIONAL TRAVEL ORDERS (ITO) (DEFINITION OF ITO: JFTR/JTR APPENDIX E) ARE NOT AUTHORIZED TO ATTEND THIS TRAINING.

3.D.2. COMMANDERS WILL ENSURE THAT ALL SERVICE MEMBERS ATTENDING THE MRT COURSE IN PHILADELPHIA HAVE A VALID GOVERNMENT TRAVEL CARD OR A PERSONAL CREDIT CARD IN ORDER TO BE ABLE TO PAY FOR LODGING,

TRANSPORTATION AND OTHER INCIDENTALS WHILE AT THE COURSE.

3.D.3. ATTENDEES OF THE MRT COURSE MUST MEET QUALIFICATIONS AS SPECIFIED IN ATRRS. ATRRS SCHOOL CODE 145, COURSE CSFRT (LVL 1).

([HTTPS://WWW.ATRRS.ARMY.MIL/ATRRSCC/COURSEINFO.ASPX?FY=2009&SCH=145&CRS=CSFRT+\(LVL+1\)&CRSTITLE=SOLDIER+RESILIENCY+TRAINING+LEVEL+1&PHASE=](https://www.atrrs.army.mil/atrrscc/courseinfo.aspx?fy=2009&sch=145&CRS=CSFRT+(LVL+1)&CRSTITLE=SOLDIER+RESILIENCY+TRAINING+LEVEL+1&PHASE=)).

3.D.4. IDENTIFIED COMMANDS PROVIDE STANDARD NAME LINE, SOCIAL SECURITY NUMBER, AND ORGANIZATION OF ASSIGNMENT/UNIT IDENTIFICATION CODE (UIC) FOR THE SOLDIERS, ARMY CIVILIANS, AND PERSONNEL ATTENDING THE APRIL MRT COURSE TO DAMO-CSF POCS BELOW NLT 26 MARCH 2010. UNFILLED SEATS ON 29 MARCH 2010 WILL BE CONSIDERED PASS-BACKS AND WILL BE REDISTRIBUTED TO OTHER PARTICIPATING COMMANDS ON A FIRST COME, FIRST SERVE BASIS.

3.D.5. TRAVEL DAYS. ARRIVE NLT 1700 ON 5 APRIL 2010. DEPART NET 0600 HRS ON 17 APRIL 2010.

3.D.6. All students will take the Global Assessment Tool (GAT) prior to departure from their unit. The GAT is accessible at [HTTPS://WWW.SFT.ARMY.MIL](https://www.sft.army.mil). Failure to take the GAT prior to class start date will preclude student enrollment into the course.

3.D.7. BREAKFAST AND LUNCH MEALS ARE PROVIDED TO ALL STUDENTS. REIMBURSEMENT IS AUTHORIZED FOR THE DINNER MEAL ONLY. LOCAL DEFENSE TRAVEL SYSTEM ADMINISTRATORS WILL ENSURE MRT VOUCHERS ARE IN COMPLIANCE WITH THIS ORDER.

3.D.8. ATTENDEES SHOULD VISIT THE ARMY CSF WEBSITE TO GET ADDITIONAL DETAILS AND INSTRUCTIONS FOR THE MRT COURSE: [HTTP://WWW.ARMY.MIL/CSF/](http://www.army.mil/csf/).

3.D.9. UNIFORM FOR TRAINING IS: MILITARY PERSONNEL-ACU, CIVILIAN PERSONNEL-APPROPRIATE BUSINESS ATTIRE.

3.D.10. FOR MRT COURSE QUESTIONS PLEASE HAVE YOUR DESIGNATED UNIT POC BELOW CONTACT, MSG RICHARD GONZALES, COMM: 703-602-6541, EMAIL: RICHARD.GONZALESJR@CONUS.ARMY.MIL. ONLY INQUIRIES FROM THE ACOM, ASCC, AND DRU POCS WILL BE ADDRESSED.

3.D.11. POC'S FOR ACOM'S, ASCC'S, DRU'S AND DARNG ARE AS FOLLOWS:

3.D.12. HQDA & USARNORTH: MS. GLORIA.SMITH, HQDA G-3/5/7 PHONE: 703-696-4317 OR EMAIL GLORIA.SMITH@CONUS.ARMY.MIL.

3.D.12.A. TRADOC: MR. SEAN OATMEYER, TRADOC G-3/5/7 DSN: 680-5609, COMM: 757-788-5609, OR EMAIL: SEAN.OATMEYER@US.ARMY.MIL OR ANN BRITT TRADOC G-3/5/7 PHONE: 757-788-4375 OR EMAIL: ANN.BRITT@US.ARMY.MIL.

3.D.12.B. FORSCOM: LTC NOEL PACE, FORSCOM SURGEON'S OFFICE, PHONE: 404-464-6823 OR EMAIL NOEL.PACE@CONUS.ARMY.MIL OR MR. OLLIE JONES, FORSCOM G-3/5/7 CENTRAL TASKINGS (REGISTRATION QUESTIONS): OLLIE.JONES@CONUS.ARMY.MIL, PHONE: 404-464-7526 OR MS. LULA (PAT) THOMPSON, SCHOOLS REQUIREMENT SPECIALIST (FOR ENTRY INTO ATRRS): LULA.B.THOMPSON@US.ARMY.MIL, PHONE: 404-464-7035.

3.D.12.C. AMC: MS. LINDA HARBORTH, AMC G-1, PHONE: 256-450-9249 OR EMAIL: LINDA.HARBORTH@US.ARMY.MIL.

3.D.12.D. USAREUR: FOR ATRRS, MAJ TIMOTHY LEMLEY, USAREUR G3 PLANS, DSN: 370-4009 OR EMAIL: TIMOTHY.LEMLEY@EUR.ARMY.MIL. ALL OTHERS, MR.

JESSIE MASSEY, DEPUTY CHIEF, MEDICAL PLANS & OPERATIONS OFFICE OF THE
COMMAND SURGEON (OCSURG), DSN: (314) 370-5651,
JESSIE.MASSEY@US.ARMY.MIL.

3.D.12.E. USARPAC: MS. CORA HATA, USARPAC G-3/5/7, PHONE:
808.438.5827, OR EMAIL: CORA.HATA@US.ARMY.MIL.

3.D.12.F. EUSA: SGM WAYNE E. BRYANT, PHONE: 011-307-7165, OR EMAIL:
WAYN.E.BRYANT@US.ARMY.MIL OR MR. RICARDO WEST, EUSA G3 TRAINING DIV,
DSN: 723-8525, EMAIL: RICARDO.WEST@KOREA.ARMY.MIL.

3.D.12.G. USASOC: MR. GREGORY SCOTT, HQUSASOC DSN: 239-8440 OR EMAIL:
SCOTTG@SOC.MIL.

3.D.12.H. USASMD/ARSTRAT: MS. JANICE B. WILLIAMS, SMDFWC DCD TRAINING
Div DSN: 692-4501 OR EMAIL: JANICE.B.WILLIAMS@SMDC-CS.ARMY.MIL OR TODD
BUCKHOUSE, PHONE: 719-554-8414 OR EMAIL: TODD.BUCKHOUSE@SMDC-
CS.ARMY.MIL.

3.D.12.I. NETCOM/9TH SC: MS JOEY FULLER, G-3/TRAINING DIVISION, PHONE:
520-538-6333, OR EMAIL: JORETTA.FULLER@US.ARMY.MIL.

3.D.12.J. MEDCOM: MR. KENNETH RUSSELL, MEDCOM READINESS AND TRAINING,
DSN: 471-8013, MEDCOM.READINESS@AMEDD.ARMY.MIL.

3.D.12.K. IMCOM: MS. VIRNA DRUMMOND, HQDA IMCOM, COMM: 703-325-6426 OR
EMAIL: VIRNA.DRUMMOND@US.ARMY.MIL.

3.D.12.L. USARC: MS. LAURA BUTLER-PATTON, USARC G-1, LEAD (SOURCING AR
PERSONNEL), WELL-BEING PROGRAM SPECIALIST,
LAURA.BUTLERPATTON@USAR.ARMY.MIL, 727.563.3858 OR MS. PEGGY QUICK,
USARC G-37, ASSIST (INDIVIDUAL TRAINING POLICY ISSUES)
PEGGY.QUICK@USAR.ARMY.MIL.

3.D.12.M. DARNG: SSG SYLVIA BASTIAN, SOLDIER/FAMILY SUPPORT & SERVICES
DIVISION NATIONAL GUARD BUREAU COMM: 703-607-9543, OR EMAIL:
SYLVIA.BASTIAN@NG.ARMY.MIL OR MR. JIM MOOREHOUSE, NGB ARNG (ART),
PHONE: 703-607-7330, OR EMAIL JIM.MOOREHOUSE@US.ARMY.MIL.

4. (U) SERVICE SUPPORT.

4.A. FUNDING FOR THE PARTICIPANTS WILL BE PROVIDED THROUGH THE
MILITARY SPECIFIC TRAINING ALLOTMENT (MSTA).

4.B. ALL SOLDIERS WILL USE ON SITE LODGING AT THE SHERATON
PHILADELPHIA UNIVERSITY CITY, 3549 CHESTNUT STREET, PHILADELPHIA, PA.
19104, 215-387-8000 OR AT
[HTTP://WWW.STARWOODMEETING.COM/BOOK/MRTAPRIL](http://www.starwoodmeeting.com/book/mrtapril).

5. (U) COMMAND AND SIGNAL.

5.A. COMMAND. NO CHANGE.

5.B. THE HQDA POC FOR THIS EXORD IS LTC JAMES WISE AT COMM: 703-602-
6537, DSN: 332-6540, OR EMAIL: JAMES.WISE2@US.ARMY.MIL. OR, LTC GLENN
BACA AT COMM: 703-602-6521, OR EMAIL: GLENN.BACA@US.ARMY.MIL.

6. (U) EXPIRATION DATE CANNOT BE DETERMINED.